

Your Healthy Kitchen



**YAVAPAI REGIONAL
MEDICAL CENTER**
Proudly Caring for Western Navapai County

Italian Salsa Verde

Makes about 1 cup (4 servings)

This salsa verde is a classic Italian green vinaigrette composed primarily of fresh parsley, vinegar or lemon juice, capers or cornichons (small pickles flavored with tarragon) and olive oil. The sauce is sometimes thickened with bread. Other herbs, including basil, mint, tarragon or chives can be added as well, to vary the flavor. This version uses lemon juice, capers, cornichons (if you have them), basil, parsley and mint. If you want to use only parsley, then measure 3 cups of lightly packed parsley leaves and thin stems and omit the other herbs. If you want to omit the mint, just do a 50/50 blend of parsley and basil.

Serve dollops of bright and flavorful salsa verde with grilled or roasted vegetables, potatoes, grilled tofu or fish. The herbs in this salsa soften and the salsa becomes even more flavorful if it sits for an hour before serving.



**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

- 1 medium sized clove garlic, peeled
- 1 ounce (about 2 cups moderately packed) fresh parsley leaves and thin stems, rinsed and dried well
- 1 ounce (about 1 cup moderately packed) fresh basil leaves
- 1/8 ounce (about 1/4 cup moderately packed) fresh mint leaves
- 2 tablespoons capers
- 2-3 cornichons (optional)
- 1/3-1/2 cup olive oil
- Salt and freshly ground black pepper
- Lemon juice

NUTRITION INFORMATION PER 1/4 CUP SERVING:

| | |
|--------------|--------|
| Calories | 166 |
| Protein | 1 g |
| Carbohydrate | 2 g |
| Fiber | 1 g |
| Fat | 18 g |
| Sodium | 130 mg |
| Potassium | 100 mg |

Also a good source of Vitamin A, beta-carotene, Vitamin E, Vitamin C, and healthy phytochemicals

Cost per serving: \$.75

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Directions

Chop and then crush the garlic into a paste with a little coarse salt. Alternatively, you can use a garlic press. Place in a medium-sized bowl.

Pile the herbs, capers, and cornichons (if using) on a large cutting board. Toss everything with a little olive oil to prevent the basil from turning black when you chop it. Chop it all together until the herbs are cut into fairly small pieces.

(Alternatively, place the herbs, capers and cornichons in a food processor with the olive oil and pulse until blended, but not pureed.)

Place herb mixture in the bowl with the garlic and combine with the remaining olive oil. Add salt and pepper if desired. Add the lemon to taste, making the salsa bright and tangy.